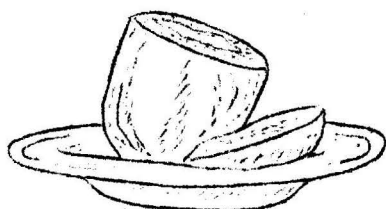

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
UNIVERSITY OF HAWAII
U.S. DEPT. OF AGRICULTURE COOPERATING
Honolulu 14, Hawaii



DINNER
IN A NUTSHELL

The words "Hawaiian hospitality" will possess added meaning when friends or relatives gather at a festive table to partake of delicious food served in coconut shells. Although this coconut dinner has been served on various occasions here in Hawaii, the idea is novel and guests will be delighted with this tempting meal. Also you and other family members - from father to the child of six - will enjoy making preparations for the dinner.

After the coconuts are once made ready and the inside mixture is cooking merrily away, there is little work left to be done. Consequently, such a meal has the advantage that last-minute duties are few. Because of the time involved and stove space required, it is usually best to prepare the meal for a group of from six to twelve persons.

The menu may vary somewhat but the main dish is always the same. This consists of a blended combination of chicken, corn, grated coconut, bacon, onions, green pepper, and tomatoes, seasoned to taste with salt and pepper. Since this dish is almost a meal in itself, one need not serve many other foods. Other dishes which might be used instead of or in addition to those given below are breadfruit, brown rice, fruit cup, and avocado sherbet. Both for the sake of flavor and nutritional balance, you may wish to follow the entire suggested menu given here:

Niu Moa Ai (Coconut Chicken Dish)
Baked Sweet Potatoes or Poi
Mango Chutney
Pineapple Boats
Beverage

Preparation of the Meal

Niu Moa Ai (Coconut Chicken Dish)
Serves 8

8 fresh coconuts	1 clove garlic (optional)
1 stewing chicken, dressed	1 green pepper, chopped
6 ears of fresh corn, cut from cob	2 cups canned tomatoes
(1 No. 2 can corn niblets or	(8 fresh tomatoes may be
1 pkg. fresh frozen corn may be	substituted)
substituted)	Salt
4 strips of bacon	Pepper
2 onions, finely diced	

Since the beginning steps of the dinner require the most time, coconuts may be gathered and made ready and chicken cooked and cut from the bones ahead of time. (Refrigerate diced chicken until ready for use.) Provide one coconut for each person to be served. Remove outer husks and saw off pointed tops from each cutting about one fourth of the way down. Pour out water. Using a Hawaiian grater, remove about one half of the coconut from each shell. Set aside 1 cup grated coconut to be added later to chicken and corn mixture.

Stew chicken until tender. Cool, remove from bones, and dice. Combine chicken, corn, and grated coconut. Brown bacon and dice. Mix with onions, garlic, green pepper, tomatoes, salt, and pepper and cook together about 10 minutes. Remove garlic, then add mixture to the chicken, coconut, and corn. Fill the coconut shells, cover each with its top, and seal with a flour and water paste. Set in a covered baking pan in which is about an inch of water. Bake in a moderate oven (350° F.) for 1½ hours. You may need to add additional water during baking. (If open pan is used, baste shells with water every 15 minutes.)

If sweet potatoes are part of the menu they may be scrubbed and put in the oven 30 to 40 minutes before the meal is to be served.

Pineapple boats, which may be prepared several hours in advance and then chilled, are made by cutting twice lengthwise through the center of the fruit to give four pieces. With a sharp knife the fruit is cut, leaving the core section intact with the shell. The fruit is cut into sections, and arranged in the boat so that every other piece extends out.



Arrangement of the Table

Lauhala mats, place mats with a Hawaiian motif, or a fish net are all appropriate table coverings when serving this Hawaiian meal. Cloth napkins with a tapa design or of a plain color on which is stenciled a Hawaiian motif are attractive. Table decorations may vary, but colorful hibiscus simply arranged are particularly effective. Pineapple tops or crowns make novel candle holders when a few of the top leaves are removed. Ti leaves may be appropriately arranged as a part of the table decorations. Heavy pottery type or wooden dishes will look particularly nice on your table, so if these are on your shelves, plan to use them for this meal.

You may wish to use only some of the suggestions given here. However, many of the flowers and food products which belong to old Hawaii might be used by the hostess with ingenuity. Plan to keep your menu and decorations simple for interest should center about the main dish. The pleased expressions of your guests will be your reward when you serve this meal of old Hawaii -- DINNER IN A NUTSHELL.

